

I JUST FELL

Posted by tshuvayid - 21 Mar 2010 22:13

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I just fell!!

and i fall once a week

i tried everything but the best i've ever done is 2 weeks clean.

i read all the stuff on gye but it doesn't help me anymore even though i significantly improved my shmiras einaym.

I really don't know what to do and i'm totally lost !!!!!!!!!!!!!

PLEASE HELP ME!

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Re: I JUST FELL

Posted by desperateyid - 23 Mar 2010 11:40

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all right.

but i m only saying that by acting as if nothing happened i'll be more inclined to do it again and fall in the pit.

However, by keeping the aveirah in mind, i ll be aware at any moment of the danger. "???? ????  
???? ?????"

And sorry Yosele hatsadik but this very posuk of *V'chatasi lenegdi samid* is the basis of tshuva.

kol tuv!

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Re: I JUST FELL

Posted by Yosef Hatzadik - 23 Mar 2010 16:00

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. Upon review

it seems that I was encouraging something that you already know:

[tshuvayid wrote on 22 Mar 2010 22:58:](#)

but i don't feel upset since it is exactly what the menuval wants.

?????? ?????? ???!!!!!!!

[Here is another example of what I am told, I must learn to think before I speak :'( ]

You are correct in the point about *Ashrei adam mefached tamid* too!

Once a person, C"V, has a heart attack, he will forever be considered a heart patient. He must constantly keep in mind the health of his heart. A cancer survivor has a greater risk of falling out of remission. Once an addict, always an addict. We must constantly be on GUARD! 90 days clean may make it easier, but *kol od neshama be'apo*, as long as we still have a breath of life, we must be vigilant for his attacks...

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Re: I JUST FELL

Posted by DovInIsrael - 23 Mar 2010 18:56

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hey TY and HY -

me too!

pesach shopping was too much...

too many young cutie around.

sign me up for the UP-Club.

and lets starting climbing Up - once again.

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Re: I JUST FELL

Posted by desperateyid - 23 Mar 2010 20:07

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hello everybody!

i have very bad news. since last motz"sh i fall every single day. i don't know what to do. please help me.

i need a lot of chizuk!!!!

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Re: I JUST FELL

Posted by Ineedhelp!! - 23 Mar 2010 20:15

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Hey TY,

Sorry to hear about your falls but glad to hear that youre back. Lets take it slow because theres no quick fix for this. Make a plan and stick to it. Choose your direction of recovery. Dov might say 12 steps, others might say to take a different route. But whatever works for you works for us.

-Yiddle

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Re: I JUST FELL

Posted by desperateyid - 23 Mar 2010 20:24

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it could be that i do need to fall again and again in order to be misgaber with more strength afterwards...

it s only after tumbling down to the lowest level one can undertake a genuine tshuva...

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Re: I JUST FELL

Posted by Tev - 23 Mar 2010 22:11

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Tshuva your honesty is beautiful,

Send me a message if you would like to talk [Bestrong1988@gmail.com](mailto:Bestrong1988@gmail.com)

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Re: I JUST FELL

Posted by Yosef Hatzadik - 23 Mar 2010 22:42

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[tshuvayid wrote on 23 Mar 2010 20:24:](#)

it could be that i do need to fall again and again in order to be misgaber with more strength afterwards...

it s only after tumbling down to the lowest level one can undertake a genuine tshuva...

So please tell us, how many more times do you plan to tumble before you begin bouncing

back?

Sorry for the biting tone of my words. Couldn't control myself.

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Re: I JUST FELL

Posted by desperateyid - 23 Mar 2010 22:49

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lol!!!!!! i don't know but i think that's enough.

i love ure sense of humor yosele hatsadik.

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Re: I JUST FELL

Posted by dmaot - 26 Mar 2010 05:22

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Teshuva - I think once you've made a concious decision that you want to change (which I think you have because you're HERE) that's a great first step.

I don't know about needing to fall again and again in order to try overcome this addiction - that could just be another trick of the Y"H (crafty guy), but I know that when I started here I certainly felt that I hit rock bottom and that was a great way to pick myself up and keep on trying.

That said, I don't think one needs to hit that point of despair before something can be done about it. "*Ki Sheva yipol tzaddik vakam*" is meant to give us strength to get back after a fall - not encourage us that falling is lechatchila for any reason. If you manage to pull yourself around

after even one fall - that's brilliant!

However we all know how this works. This is an ADDICTION and one needs to take active measures to help us along.

People suggested the 12 steps for me but I wasn't sure I was ready for that yet (maybe yet another trick of the Y"H).

The best bit of advice that I got was to take each day at a time and "let go and let G-d" - waking up in the morning and saying something like "Hashem, I have no control over my desires and need your help. Let's work together to get through just today - because without you I'm lost. We'll worry about tomorrow tomorrow - but getting through today without a fall is all I need right now".

(I heard most of the above from people on GYE - but I'm bad with remembering from whom - so sorry for not giving credit where it's due!)

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